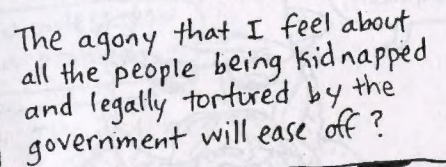
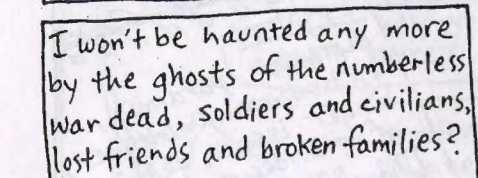
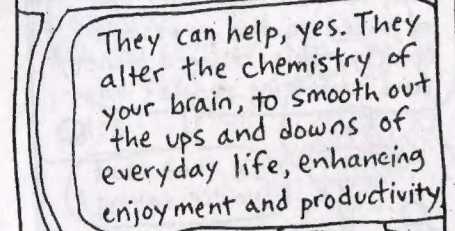
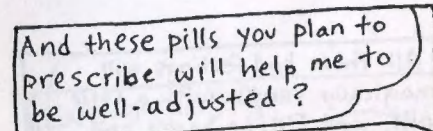
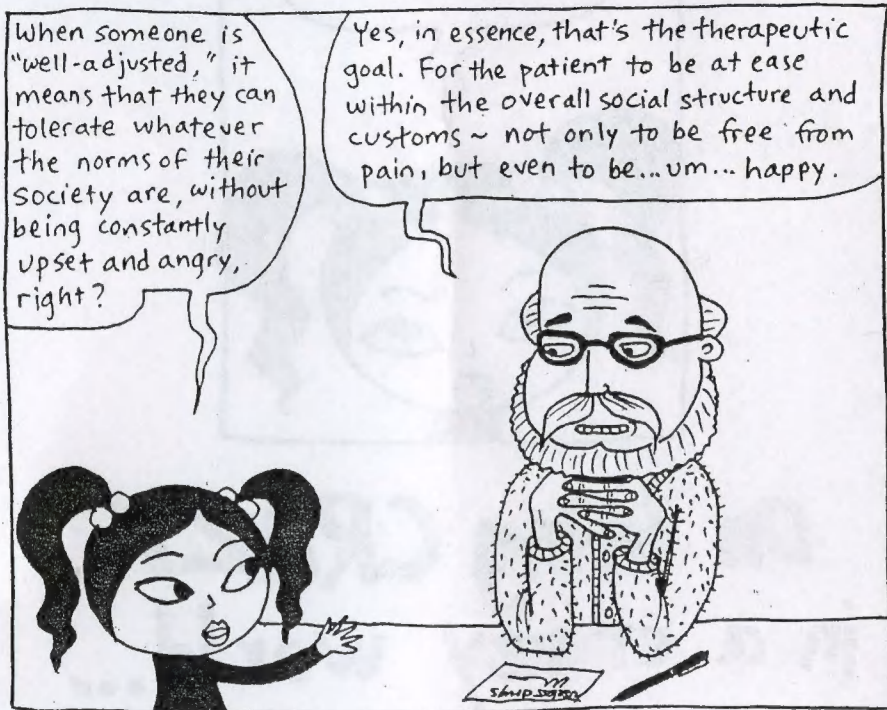
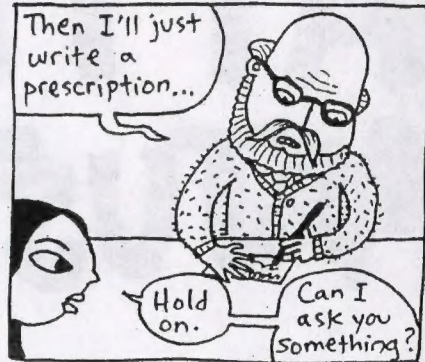


# ATTITUDE ADJUSTMENT

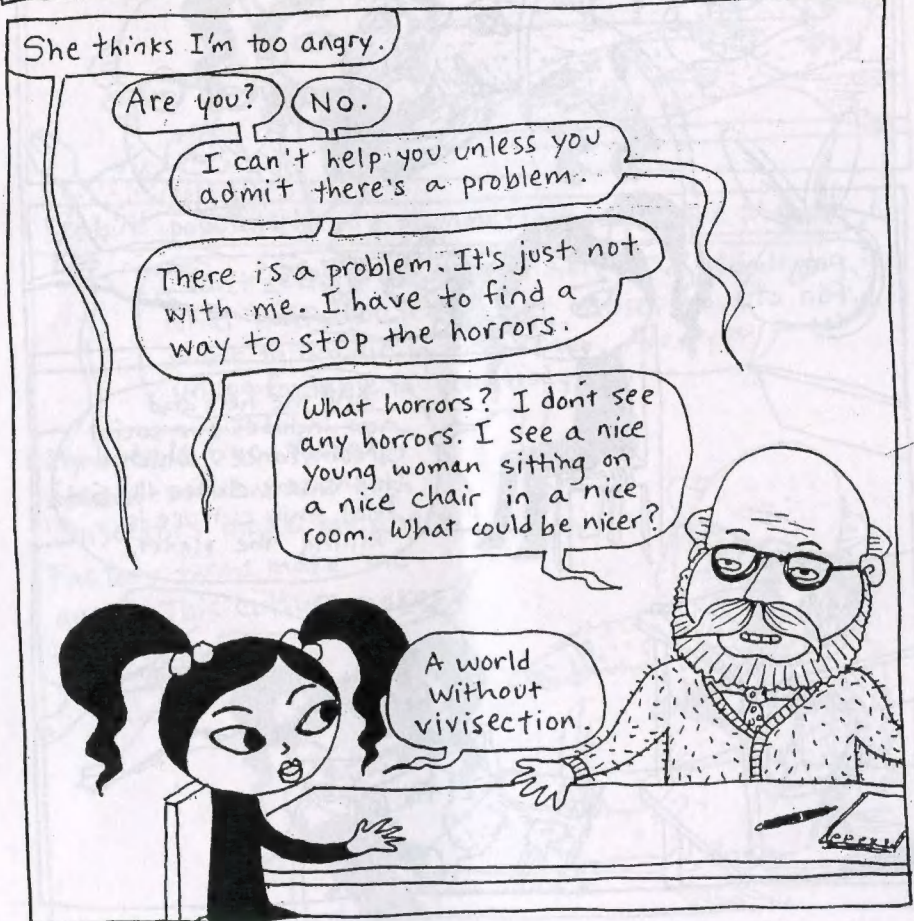
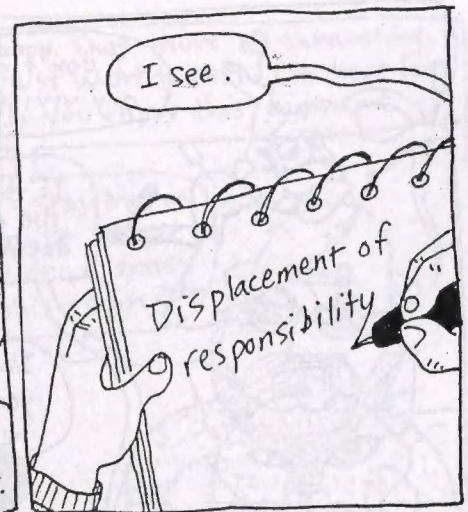
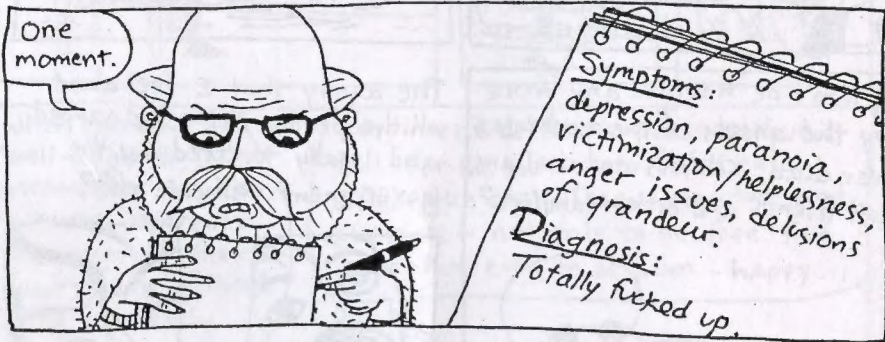


On being **CRAZY**  
in a crazy world...









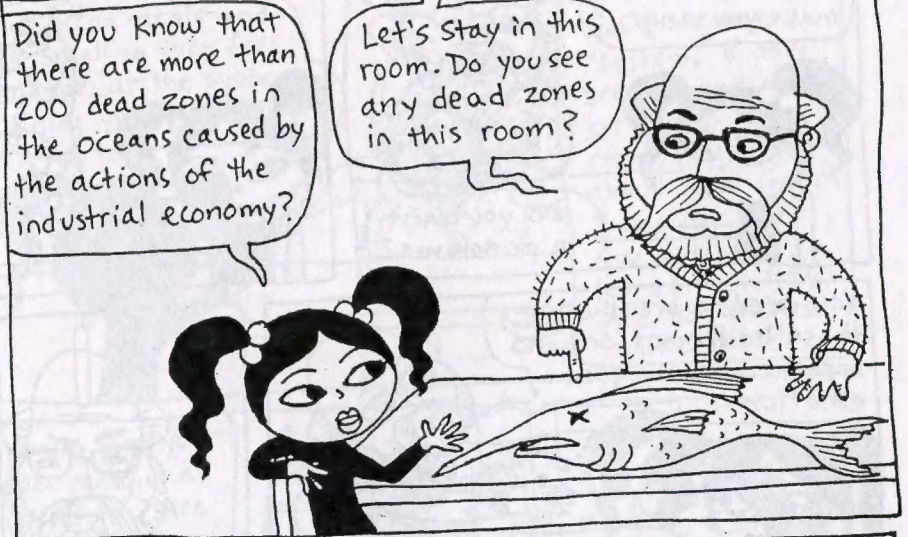




You try so very hard to be unhappy. That must be exhausting. I'll bet you're tired and you just want to rest. I'm here for you to help you relax, to help you enjoy this moment.

Did you know that there are more than 200 dead zones in the oceans caused by the actions of the industrial economy?

Let's stay in this room. Do you see any dead zones in this room?



Seabird populations are plummeting across the planet.

I don't see any albatrosses here. I'm wondering what it is about you that causes you to not want to remain in this room. Are you uncomfortable in your body?

My body is fine. My body doesn't make me angry. Vivisection makes me angry. Factory farms make me angry. This culture makes me angry.





No one can make you angry without your permission.

If I punch you, that won't make you angry?



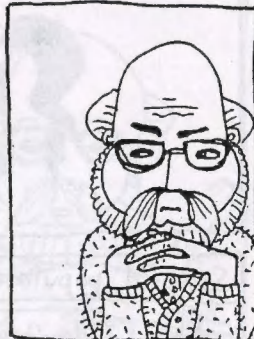
Do you want to punch me?



You need to breathe out those bad emotions, and breathe in only good emotions.



Anger against injustice is a bad emotion?



You're insane. Bonkers. Stark raving mad. You're crazy, and you're trying to drive me crazy.



I can't drive you crazy. No one but you can do that. Why would I want to drive you crazy?

If I'm a sane human being, I'll remind you that once you were a sane human being too, that you were an animal who felt emotions and who felt outrage at a system that is killing everything you hold dear.



It's not killing everything I hold dear. I'm quite happy. You're the one who seems upset.

You're too afraid and too small to even feel outrage at the system turning you into a drone.



Interesting. I don't see any "system." I only see you and me sitting in this room, talking about your anger. I see and hear you acting out a lot of hostility. Are you always like this?

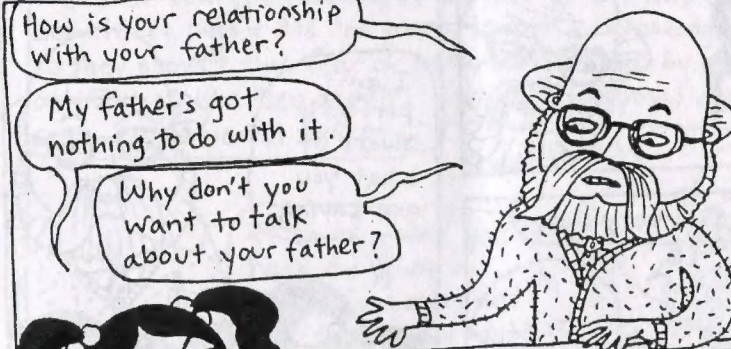
Are you sure your anger really is at vivisectors? Are you sure it's at this thing you call "the system"?



How is your relationship with your father?

My father's got nothing to do with it.

Why don't you want to talk about your father?



Whether my father was wonderful or flawed or horrible is entirely independent of the fact that right now vivisectors are torturing monkeys, rats, dogs, cats, mice, birds, insects, that right now sea turtles are being driven extinct, that right now amphibian populations are collapsing...





How does your anger affect your social life?

I don't want to talk about my social life.

Are you uncomfortable talking about your social life because your anger drives away your friends?

I'm not angry at my friends. I'm angry at the things that make me angry.

How do you know that "the system" is not just an easy place for you to put the anger you really feel toward other people, and toward your difficulties with other people? How do you really feel about your father?

If my father were perfect the system would still be killing the planet.

Ah, so you acknowledge your father isn't perfect.

I'm sure a smart girl like you knows what denial is, right?

And it can cause a lot of pain for those unfortunate enough to come in contact with people in denial.

I am perfectly aware of what you are saying.

Denial can run very deep.

Yes, it can.

Well, do you want to stop causing the pain?

I want to stop the culture from killing the planet.

You seem to be obsessed with destructive fantasies, with what you call "dead zones" with what you call "torture." That's a lot of negativity to carry around with you. That would be awfully heavy. I would want to lighten that load by setting it aside.

Yes, you would.

And I'm concerned about all this affection you have for sea turtles and such. Sea turtles aren't your family. What do sea turtles represent to you in your own life, in your real life?

Sea turtles are real life. They aren't just projections of my issues.

It can be scary to care about another human who can reject you. Sometimes people are too scared to even acknowledge this fear, so they project this fear of personal rejection by other humans onto things like "sea turtles" and their supposed destruction by some "all powerful system."

At some point you have to give up those fantasies and live in the real world.

Sea turtles aren't the real world?



You see this big scary world, and you think it's going to destroy you, and you want someone to take care of you just like you say you want to take care of "sea turtles." But you'll never find someone to take care of you as long as you are this angry.

I don't want someone to take care of me.

I think you do. I think we all want someone to take care of us. And that's why we created this whole system. It gives us food and shelter and air conditioning in the summer and central heating in the winter.

No.

Just let go of your anger. Don't you see how pointless all of your anger at this "big bad system" is?

Why?

Because ultimately you can't do anything about it. So just lie back and enjoy what you can.

You'll be ever so much happier.

I get it now. I understand what you are doing.

I'm just trying to help you.

You're trying to get me to believe I'm helpless, that people really can't change things, that people really can't stop this culture from killing sea turtles and everything else.

Because if you can convince me not to act, then maybe your own inaction won't seem as horrid as it really is. And if you can convince me not to act, then I might not bring down this system that brings you tomatoes in January and air conditioning in July.

But more important than that, if you can convince me I'm helpless, maybe you can convince me I need your help.

How convenient for you!

Clearly paranoid, and a danger to self and others.  
She needs to be apprehended, for her own good and for the good of society

Your fifty minutes are up. You can pay the receptionist on the way out.

Would you like to schedule another appointment?



We have a report of an angry young woman. Refuses to listen to reason. Refuses to be sedated. Has been known to speak out against the social and economic system. Says it's killing the world. She is to be considered dangerous, and a potential terrorist. Be on the lookout. She has dark hair, dark eyes, and....



Excuse me, miss.

Yes?

We have reports that you've been expressing hostility toward "the system."

You don't?

I, uh, well, what?



You have more in common with me than you do with CEOs and politicians.

What's that got to do with anything? My job is to keep the streets safe.

Then why are you coming after me?

I, uh, well, the dispatcher told me to. It's my job.



Your job is to keep the streets safe for CEOs and politicians?

The dispatcher said you were dangerous.

Do I look dangerous?

You might be a terrorist.

Nazis called the Jews terrorists. If your boss told you to arrest me because I was Jewish, or Black, or left-handed, would you?

My boss wouldn't ask me to do that.

But if he did...

I, uh, well...

If your job depended on it.

I've got a family to support.

In other words...







Here's one more thing you must understand.

You, like everyone else, are an instrument, a tool, a tiny cog in a big machine. We all need to do our parts to keep this machine running.

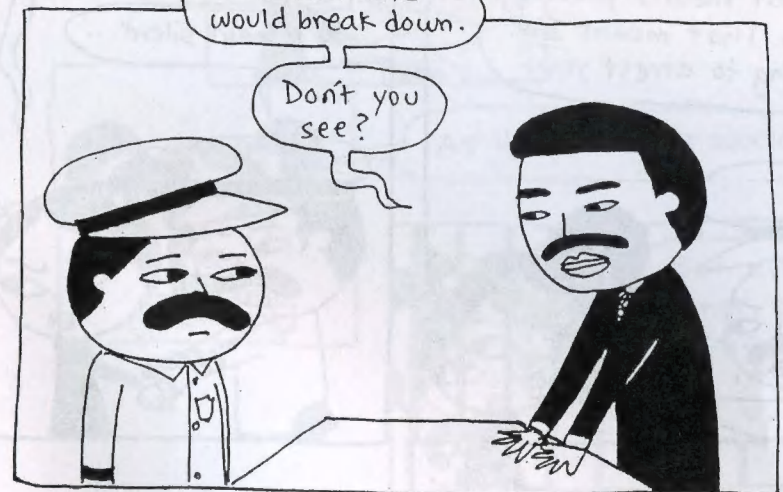
If too many gears get out of alignment or stop working altogether, the machine falls apart.

What would happen if the crankshaft in your car started thinking for itself, started thinking it didn't want to be part of a car, didn't want to drive you someplace?

What would happen if the sparkplugs started thinking for themselves, decided they didn't want to fire if you were going someplace they didn't approve of?

The machine would break down.

Don't you see?





I knew you'd be back.

How?

Because you're a tool.

I am NOT a tool.

I choose to do this.

Then you're a  
brainwashed tool.



You can say what you want,  
but it doesn't matter in  
the slightest.

Because you have a gun.

Because I've got the  
power. Now, do you  
associate with [redacted]?

Does it  
matter?



You didn't answer my  
question. You're not  
being helpful. That means  
you're being unhelpful.  
That means you're against  
us. That means I'm  
going to arrest you.



To keep the streets safe...

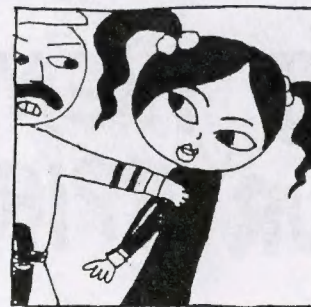
You have the right...

... for your corporate  
masters.

... to remain silent...



That's about it,  
isn't it? That's  
what our rights  
really mean.



We have the right  
to remain silent.



As they  
destroy  
everything  
we love...



We have the  
right to do  
nothing...



As they kill the world.



But our  
silence, our  
inaction,  
will not  
save us.



What we're experiencing  
is a result of what's  
going on within ourselves.

We're the solution, as  
well as the problem,  
as well as the  
creators of  
the problem.

Meditation is key. The  
infinite source of all  
reality will solve the  
Earth's dilemma.

# DON'T LET THEM CRUSH YOUR SPIRIT



CPE